

Objectives of Practice Teaching:

1. Posture - good use of body
Concept - Triple Posture Test.
2. Fundamental ~~and~~ Dance Steps.
3. " skills - jumping, etc.
4. Leisure Time.
5. Play to-getter.
6. Health.
7. Group Work - stunts, as goal. Howland - Staley.

Canoe

Canoeing.
1940 - #1.

Canning.

Historical Notes:

The aborigines in Eastern N. A. developed the birch-bark canoe; those in the south & west developed the dug-out, and the Esquimaux contributed the skin-covered Kayak. Each of these three types was developed by adapting the materials at hand to meet the different conditions encountered.

The "birch-bark" was made out of large sheets of the bark of the paper birch, sewn together with fibrous roots and made water tight with pitch. This outer skin was stiffened by an inner one of cedar wood pared to paper-like ^{white, hard} thinness and braced by ribs of the same wood placed close together. It was buoyant, easily managed in small streams and light enough for frequent portaging, but was not durable.

The dug-out was developed where the waters were placid & where soft easily worked woods were available. It was made by shaping the trunk of a tree and then hollowing it out. The dugout was usually heavy and unstable, but was fast running in smooth waters and durable. The Esquimaux Kayak was the forerunner of the ⁹¹³

modern decked canoe of the "Rob Roy" type. A skeleton of wood or bone was covered with skins stretched directly over the framework with no interleaving layer of stiffening material to keep the cover smooth. It was completely decked except for a small cockpit covered with an apion tied around the paddler's waist. It was designed for use in open seas and afforded its user immunity from danger of wind & wave. It couldn't swamp, & if it were overturned the paddler righted it with a flip of his double-bladed paddle.

The white man has developed the all-wood & canvas-covered types of canoe as improvements on the birch-bark, the dugout & the Kayak. His craft is similar in general shape to the canoes of the aborigines but their lines are finer and the superior construction shows the advantages of the white man's tools, machinery, and wood-working ability. The canvas-covered type now exceeds in number & wide distribution all other similar water craft in N. A. and its use in sheltered waters has extended to Europe & other countries.

When used & schooled with discretion, a reasonable amount of skill, & common sense, the canoe, whether all-wood or canvas-covered, is one of the safest crafts afloat. It is now buoyant &

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Canoeing.

Landing or Turns:

① Bow - draw
Steer - Big sweep (banking)

② Bow - Push over, sweep.
Steer - Big T.

Racing Turns.

① Bow - Bow rudder.
Steer - Draw.

② Bow - Cross Bow rudder.
Steer -

Paddling Progression.

- New** {
- I Know the parts of the canoe + paddle.
 - II Get in + out of canoe correctly from dock or end.
 - III Demonstrate: Bow stroke - hold - backwater.
 - IV Shift paddles in rhythm.
 - V Give paddle salute.

- Bow** {
- I Demonstrate: stability sequence, changing place.
 - II Learned: load: dock: Beach canoe.
 - III Bow strokes: straight ahead - draw - push-over + $\frac{1}{2}$ - sweep.
 - IV Assist stern to follow fig. 8 course.
 - V Landings: Head on
Diagonal
Slip in
- } Bow assisting stern

- Stern** {
- I Water work: { jump out (canoe upright) and in
Capsize - paddle wash
gunwale drain canoe at dock
 - II Demonstrate ability to paddle canoe with a bow passenger both in straight line + fig. 8.
 - III Landings: 1. with bow paddler { Head on
2. " " passenger { diagonal
Slip in.

- Expert** {
- I Canoe stunt: Rescue by gunwale draining
Rolling + safety. Come in with wind. P standing
 - II Solo Paddling - straight + fig. 8 course.
 - III Landings: { Slip in
Head on
Diagonal
- } Side on emergency

IV Racing Strokes: { Under-Bow middle
Stationary draw
Bow middle
Cross bow middle.

Paddlers Pledge

As an honor paddler I shall be responsible for the welfare of those within my canoe and for the care of the canoe itself.
I hereby give my pledge.

Canoes.

There are three kinds of canoes: wooden, birch bark, and canvas.

The war canoe is wooden. It has great stability and is very heavy. It is rarely used on canoe trips because of its weight. If it is left in the water ~~it~~ for anytime it absorbs water which makes it all the heavier. If left on land it has an opposite effect. It is very speedy. The war canoe has clean cut lines and is nice looking.

Birch bark canoe has a tendency to bulge or warp. It is very light and thus used for rapids or fast water. The keel is built upward.

The canvas canoe is the regular kind used. It has planking ~~into~~ the stem. It is light and has the same stability as a war canoe. It has good looking lines and it is very easy out of shape. It is easily mended. The ribs and planks are of cedar and the outside of canvas.